

# MOSQUITO ACTIVITY BOOK

**FIGHT**theBite



**JOIN THE FIGHT AGAINST WEST NILE VIRUS**

For more info, call (858) 694-2888 or visit [SDFightTheBite.com](http://SDFightTheBite.com)



County of San Diego Vector Control Program

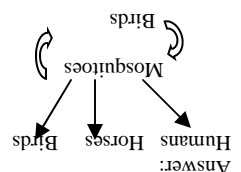
# What is West Nile Virus?

Mosquitoes do not just bother us. They can also carry diseases. One of those diseases is called West Nile virus (WNV). You can only get WNV from the bite of an infected mosquito. Mosquitoes get WNV from biting an infected bird. Usually mosquitoes just bite birds. Sometimes they have to bite other animals to get the blood they need to lay their eggs. Mosquitoes will bite any animal with blood, even humans.

Most people who get infected with WNV do not feel sick. Some people feel like they have the flu. They can get a fever, headache, feel tired or get a body rash. West Nile virus can make some people very, very sick by infecting their brain. The best way to protect yourself from West Nile virus is to not get any mosquito bites.

## How do you get WNV?

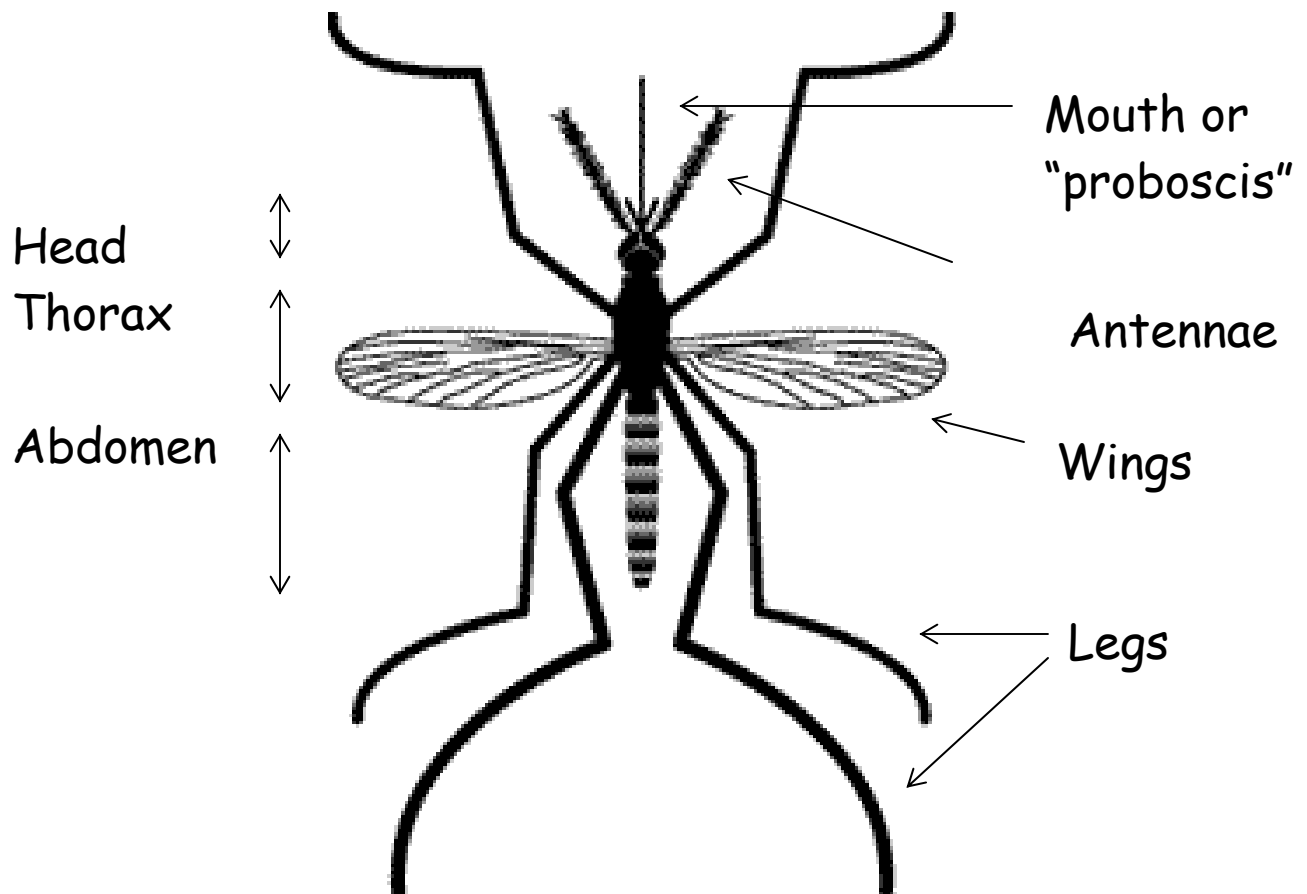
Draw arrows in the correct direction to show how West Nile virus is spread.



# What is a mosquito?

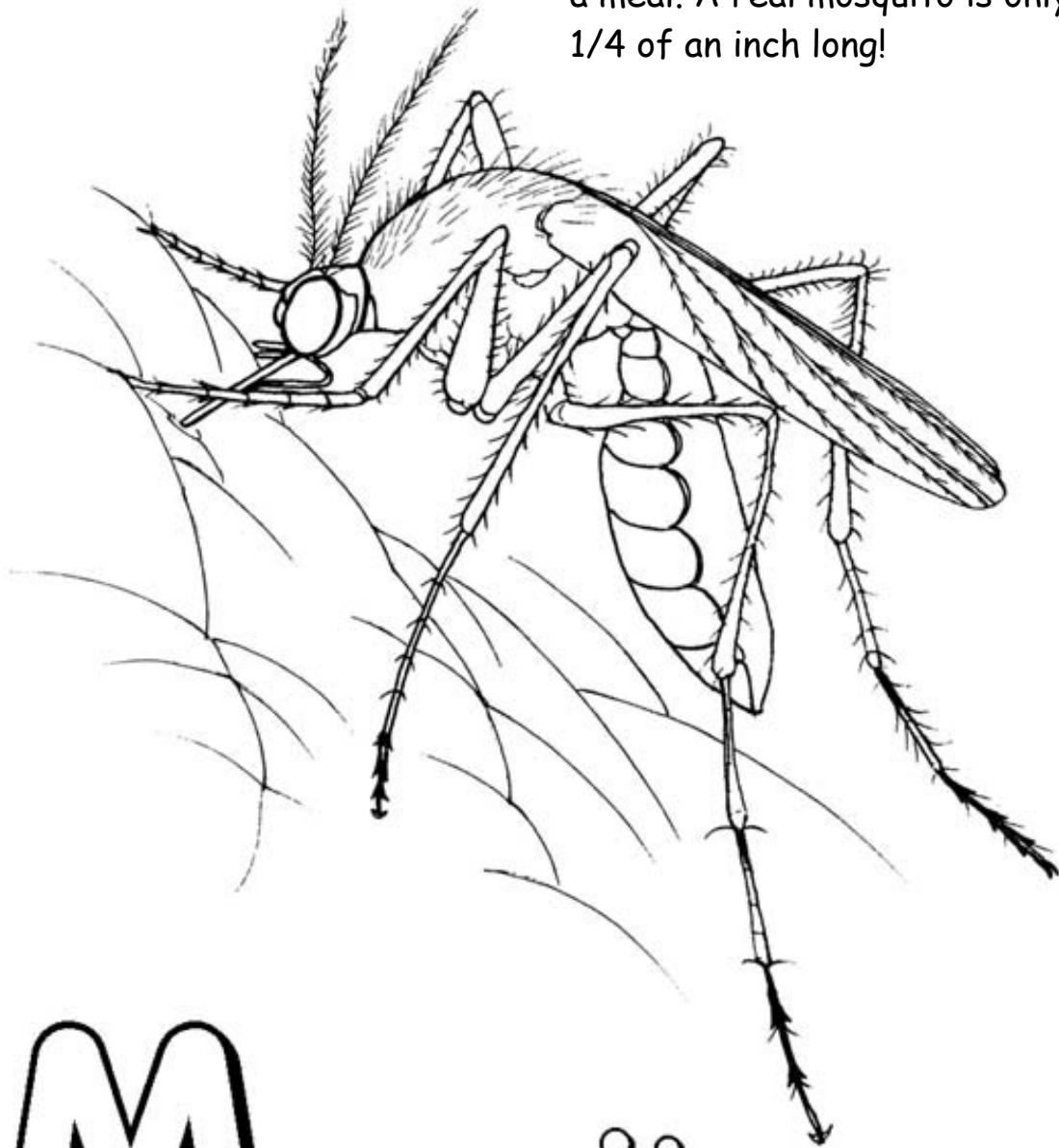
Mosquitoes are insects. This means they have no backbone, and are divided into three parts: the head, the thorax, and the abdomen. The head has eyes, a mouth, and one pair of antennae. The mouth is long like a needle. It is called the proboscis. This is how female mosquitoes can bite animals through skin to get blood. The thorax has three pairs of legs and usually two pairs of wings. The abdomen contains the guts and reproductive organs.

## Mosquito Anatomy



# Color me!

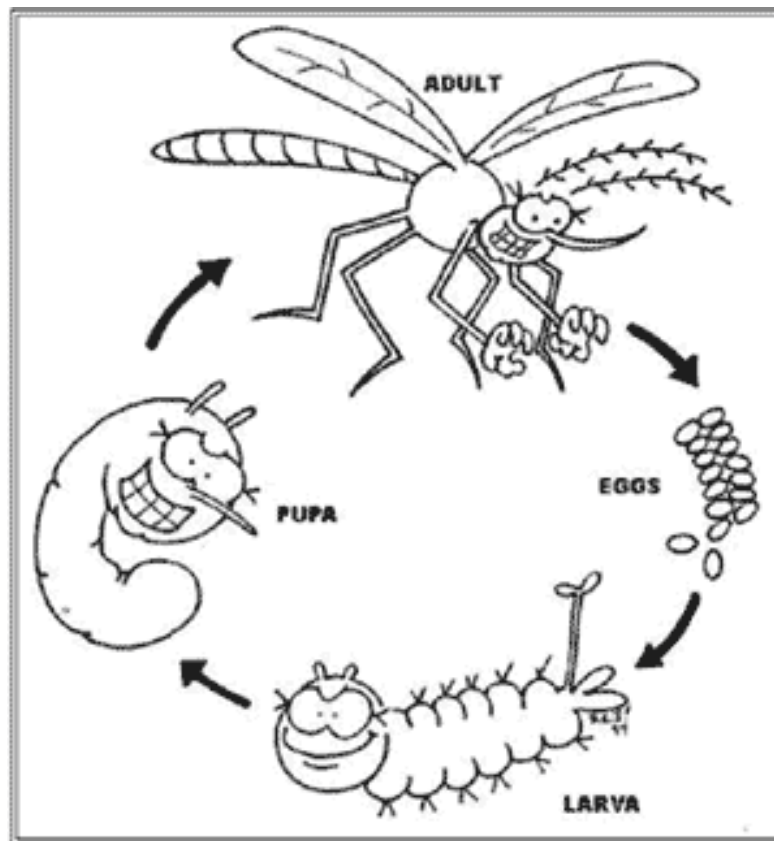
This mosquito is about to have a meal. A real mosquito is only 1/4 of an inch long!



# Mosquito

# Mosquito Life Cycle

"Metamorphosis" is a developmental change in form or structure of an animal. A mosquito goes through 4 different stages in its life!



The **EGG** stage: Female mosquitoes lay their eggs in water. The eggs take about 2 to 3 days to hatch.

The **LARVAL** stage: When the eggs hatch, the creatures that come out are called larvae. Larvae look like tiny wiggling worms in the water.

The **PUPA** stage: After shedding their skins three times, the larvae turn into pupae. Mosquitoes do not eat anything in this stage.

The **ADULT** stage: The adult comes out of the pupa stage in about 2 to 7 days. The average mosquito will live for about 2 weeks. After the female mates and has a blood meal, she is ready to lay her eggs.

# Mosquitoes in the Yard

## Word Search

Are mosquitoes living in your yard? Search for words that are places where mosquitoes can grow around your house. If you have any of these things in your yard, be sure to check them for water at least once a week. If you find water, DUMP IT OUT!

Find the words listed below. The words can be forward, backward, up, down, or diagonal!

EMPTY CANS

BIRD BATH

TOYS

BUCKETS

KIDDIE POOL

WHEELBARROW

TREE HOLES

PLANT SAUCER

WATER DISH

TIRE SWING

DRAINS

WATERING CAN

N	I	D	I	M	H	A	T	T	G	L	S	M	Y	T	S	X	I	Q	Z
L	C	Q	J	M	S	X	R	P	X	J	I	K	D	R	A	I	N	S	O
J	P	X	D	O	U	E	I	C	C	Z	T	H	M	E	I	H	V	R	R
F	J	G	N	A	E	F	E	O	P	J	Y	R	O	C	L	M	E	U	F
T	Q	W	C	H	I	P	B	M	K	V	E	Y	Z	O	R	F	F	G	T
M	C	M	O	S	B	K	T	M	D	G	I	R	O	A	N	A	E	C	T
Y	Z	L	J	A	I	N	T	G	A	V	B	P	S	O	J	C	Y	F	U
X	E	L	T	D	M	I	Q	E	K	N	E	H	O	F	B	Q	E	S	P
S	X	C	W	R	T	E	G	D	X	I	K	T	X	W	B	R	Y	F	L
U	P	V	P	G	T	O	W	T	D	H	X	A	S	A	M	R	W	E	A
G	B	V	G	N	L	O	Y	D	J	S	U	B	W	T	P	P	O	M	N
U	R	Y	V	I	Q	X	I	S	E	I	N	D	S	E	P	Y	R	M	T
U	T	A	D	W	M	K	B	K	K	D	P	R	N	R	Z	Z	R	Q	S
D	D	I	J	S	B	H	N	E	N	R	J	I	A	I	X	S	A	I	A
M	G	J	A	E	J	C	O	M	E	E	P	B	C	N	V	T	B	S	U
P	Z	Q	I	R	T	R	H	O	V	T	S	T	Y	G	O	E	L	Z	C
A	U	B	W	I	H	J	F	Y	T	A	I	P	T	C	H	K	E	Q	E
G	N	R	E	T	P	S	U	Z	B	W	B	S	P	A	F	C	E	G	R
U	V	O	R	P	P	Y	Q	L	A	Y	X	G	M	N	E	U	H	C	C
A	U	P	V	F	J	L	P	G	O	K	J	H	E	N	O	B	W	D	M



# What do Mosquitoes Eat?

Only female mosquitoes bite! Male mosquitoes drink plant nectar. Female mosquitoes suck the blood of living animals and humans so they have enough nutrients to make their eggs. Besides humans, they bite all sorts of animals like birds, horses, dogs, cats, and snakes!

## Which Foods Do Only Female Mosquitoes Eat?

Circle the types of food that **female** mosquitoes eat.

1



2



3



4



5



6



7



8



9



10



# Mosquito Word Search

Can you find the words in the puzzle? They go up, down, diagonal and backwards!

A	O	M	A	T	H	O	R	A	X	U	F	A	D	T
K	B	G	X	K	V	I	A	J	J	O	I	H	E	A
D	G	D	F	J	F	F	W	B	S	N	S	I	E	U
D	S	J	O	Q	U	P	I	A	V	O	H	H	T	R
O	H	T	M	M	U	Q	V	G	T	R	O	E	I	E
O	G	P	Y	P	E	T	W	I	G	E	F	V	J	P
L	B	O	A	Q	T	N	D	J	L	E	R	E	C	E
B	M	B	T	V	Z	H	N	D	K	A	Q	E	H	L
U	B	H	C	I	D	U	Y	W	Z	J	R	J	M	L
S	L	J	B	M	U	X	E	N	U	C	J	V	P	E
V	P	H	Y	V	V	Q	J	S	P	D	F	A	A	N
G	Q	Q	R	X	Z	T	S	Y	L	H	A	W	C	T
E	G	E	Z	G	I	N	V	O	O	Y	S	E	B	X
I	D	I	X	B	W	N	H	I	M	A	N	A	H	K
V	B	B	G	O	L	E	T	I	B	Z	A	M	R	C

## WORDS

MOSQUITO  
LARVA  
BITE  
REPELLENT  
ABDOMEN  
FISH  
PUPA  
RASH  
BLOOD  
THORAX  
WATER  
EGG  
DEET  
HEAD

## Mosquito Bites

When a mosquito bites your skin, you may get an itchy bump. When a mosquito bites you to drink your blood, she injects her saliva into you.

Mosquito saliva is an anti-coagulant, which keeps our blood from clotting. Most of us are allergic to mosquito saliva. That's why mosquito bites itch!



This mosquito has just had a meal.

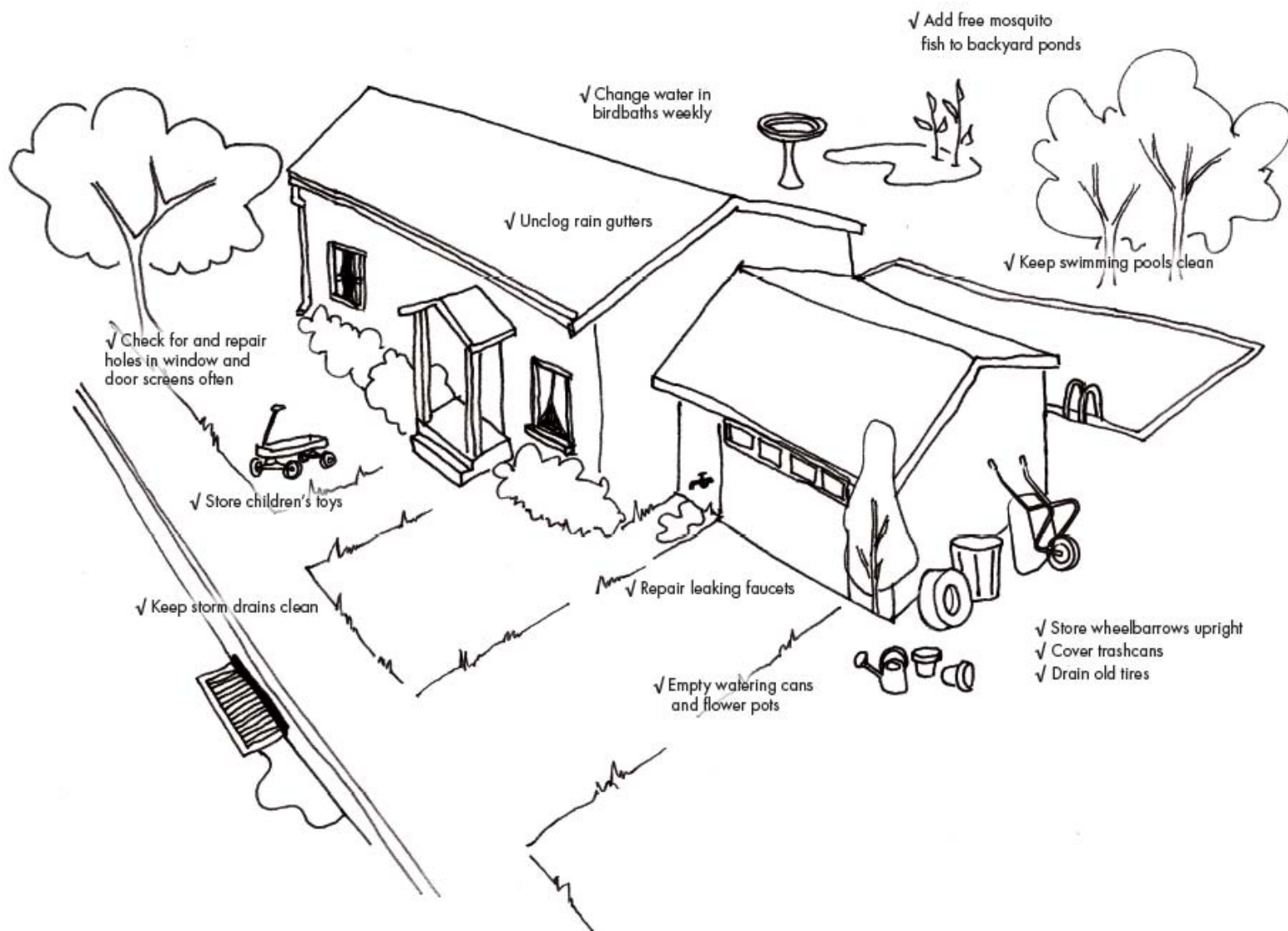


# **Become a member of the San Diego County Vector Control Program's SWAT TEAM!**

The San Diego County Vector Control Program needs your help! With an adult, use the map on the back of this page to find places that collect standing water around your home. Mosquitoes only need a half inch of standing water to lay their eggs. Then, use the next page to draw how you plan to "Fight the Bite". Once you are done, tear out pages 9-12 of this book and mail them back to the Vector Control Program. In the future, we may use your picture for display at one of our San Diego County offices. After we receive your map and drawing, we will send you an official certificate and badge to welcome you as a new member to the San Diego County Vector Control Program's SWAT TEAM!



# Circle or draw the areas around your home where you found and dumped out standing water.



**Name:** \_\_\_\_\_

**Adult's Signature:** \_\_\_\_\_

**Draw your own picture of how  
you would “Fight the Bite”!**

**Name:** \_\_\_\_\_

**School and Grade Level:** \_\_\_\_\_

**Adult's Signature:** \_\_\_\_\_

County of San Diego  
Vector Control Program  
5570 Overland Ave., Suite 102  
San Diego, CA 92123



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### **Instructions to Send:**

1. Tear out pages 9—12 from the book.
2. Fold on the dotted lines.
3. Make sure the address appears on the outside.
4. Staple or tape closed.
5. Place a stamp and put it in the mail!

# Protect Yourself!

Mosquitoes can find us because they can smell a chemical, carbon dioxide, in our breath. The mosquitoes that can spread WNV are most active at dawn and dusk. How can we keep mosquitoes from biting us? By wearing insect repellent! Choose insect repellent that has DEET, Picaridin, IR 3535, or Oil of Lemon Eucalyptus in the ingredients. The other thing you can do is wear long pants and sleeves when you are outside. These are all things that keep mosquitoes from biting us. Protect yourself!

## What Should You Use to Protect Yourself?

Circle the items that you can use to keep mosquitoes from biting you.

1 	5 	9 	13 
2 	6 	10 	14 
3 	7 	11 	15 
4 	8 	12 	16 



















Answers: You should have circled #1, 3, 4, 5, 6, 8, 10, 11, 13, and 16. Wear insect repellent!


















# Solve the Secret Code



















A message about mosquitoes is hidden in the lines below. Use the key to solve the code and reveal the message.










Key:

A	B	C	D	E	F	G	H	I	J	K	L	M
N	O	P	Q	R	S	T	U	V	W	X	Y	Z

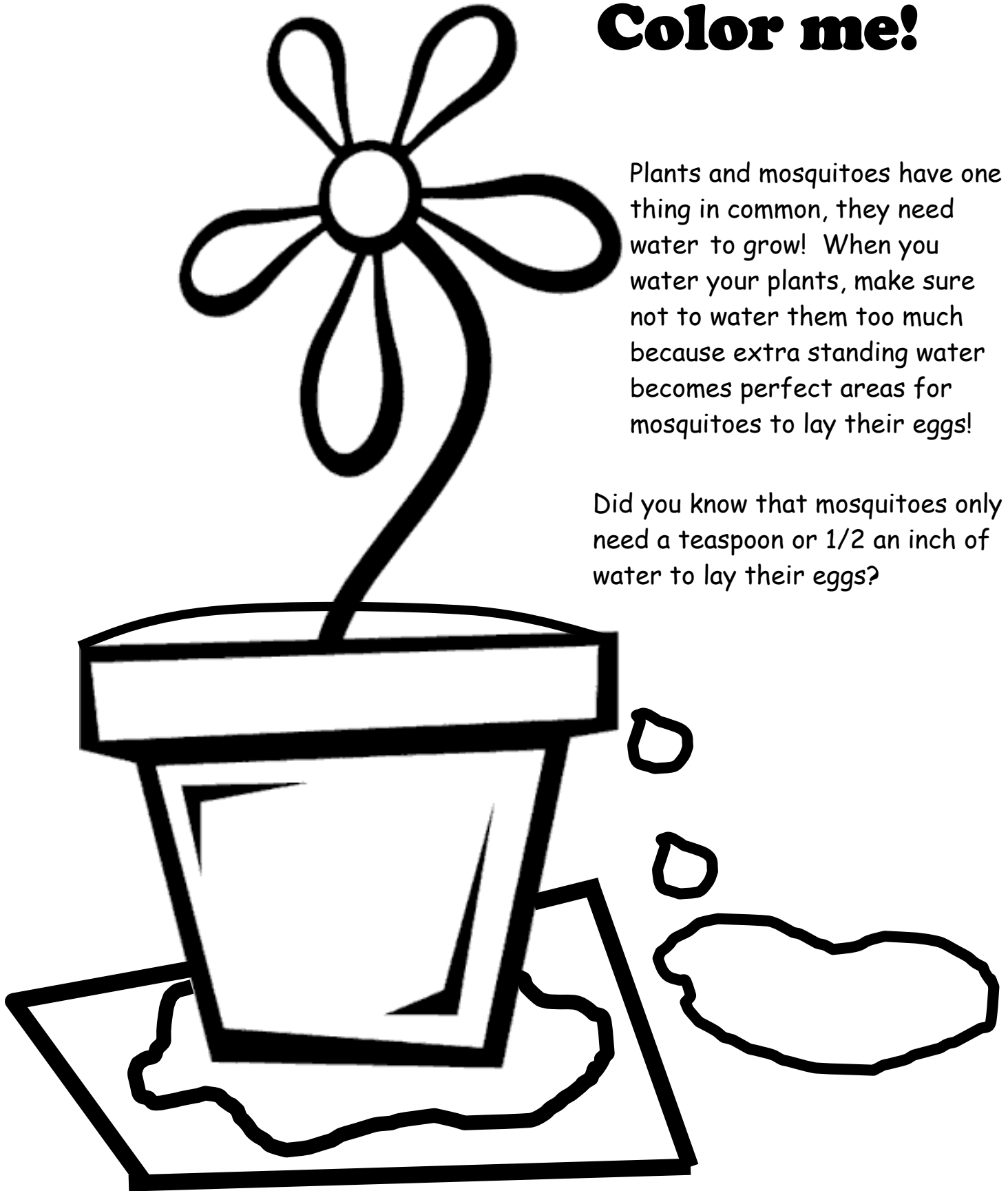
																		

Answers: Fight the bite; Wear insect repellent; Stay indoors during dawn and dusk; Wear long sleeves and long pants

## Color me!



Plants and mosquitoes have one thing in common, they need water to grow! When you water your plants, make sure not to water them too much because extra standing water becomes perfect areas for mosquitoes to lay their eggs!

Did you know that mosquitoes only need a teaspoon or 1/2 an inch of water to lay their eggs?



# Word Scramble!

See if you can unscramble these words to learn more about mosquitoes!

**1. EREELNLTP**

Remember to always use insect \_\_\_\_\_ when you play outdoors.

**2. DIISEN**

Stay \_\_\_\_\_ at dawn and dusk because mosquitoes love to bite at those times.

**3. GLTIH**

Wear \_\_\_\_\_-colored, long-sleeved shirts and pants outdoors so you can see if mosquitoes land on you.

**4. LHFA**

Mosquitoes only need \_\_\_\_\_ an inch of standing water to breed.

**5. NTALP**

Empty pails, buckets, and \_\_\_\_\_ saucers when there is water in them.

**6. IHFS**

Mosquito \_\_\_\_\_ love eating mosquito larva!

**7. FMEALE**

Only \_\_\_\_\_ mosquitoes bite animals and humans.

**8. ESWT ILNE RIUVS**

Mosquitoes can carry diseases, like \_\_\_\_\_  
\_\_\_\_\_ that can make people sick.

**9. ITBE**

People can only get West Nile virus through the \_\_\_\_\_ of an infected mosquito.

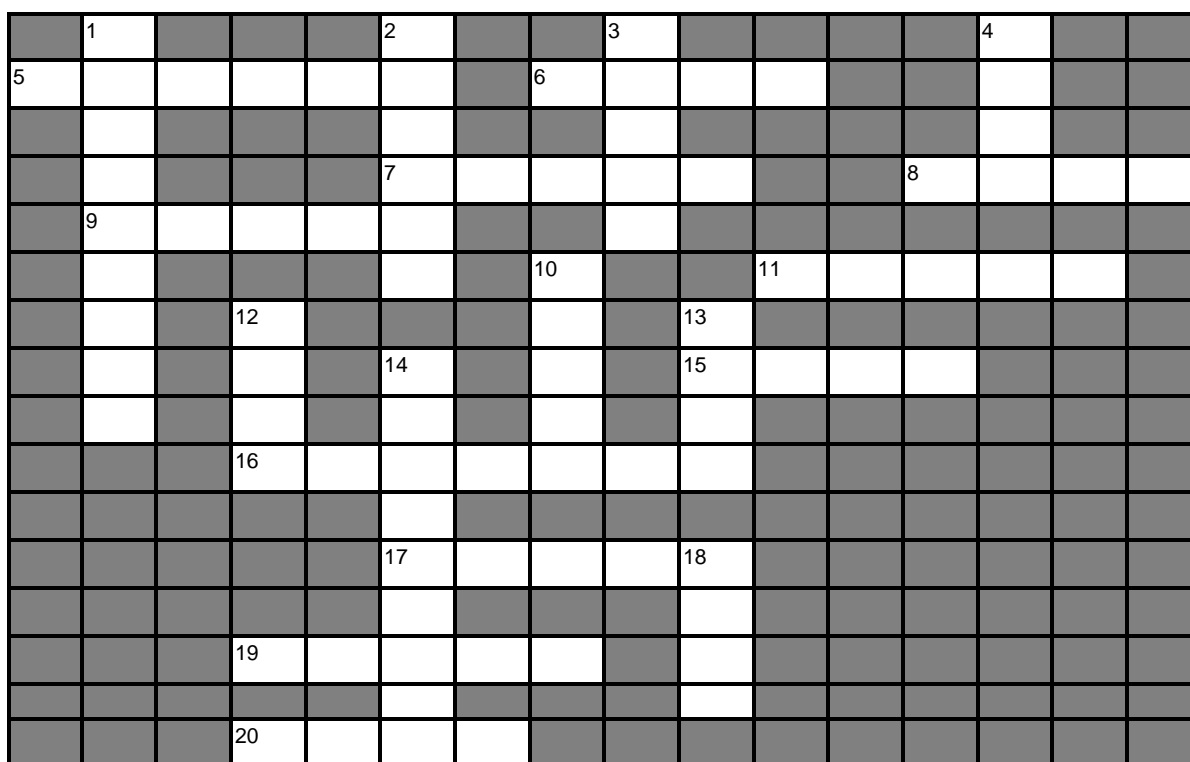
Answers: 1. repellent; 2. inside; 3. light; 4. half; 5. plant; 6. fish; 7. Female; 8. West Nile virus; 9. Bite

# Color me!

Birdbaths are great for birds, but not if they're full of mosquitoes! Make sure to change the water in birdbaths every week so mosquitoes can't grow there! If you don't want to change the water, you can put mosquito fish into the birdbath. They love to eat mosquito larva!



# Mosquito Crossword Puzzle



## ACROSS

5. Only \_\_\_\_\_ mosquitoes bite you
6. Mosquitoes \_\_\_\_\_ birds, humans, and other animals
7. A mosquito's body is divided into \_\_\_\_\_ parts
8. At this time in the morning mosquitoes are active
9. Second stage of the mosquito life cycle
11. When you go outside you should wear \_\_\_\_\_-colored clothing so you can see if mosquitoes land on you
19. Mosquitoes lay their eggs in \_\_\_\_\_
15. Mosquitoes only need half an \_\_\_\_\_ of water to breed
16. Even though a mosquito bite can be itchy, try not to \_\_\_\_\_ it
17. When mosquitoes bite humans they are sucking this from humans
19. Mosquitoes need \_\_\_\_\_ to lay their eggs
20. At this time in the late afternoon

## DOWN

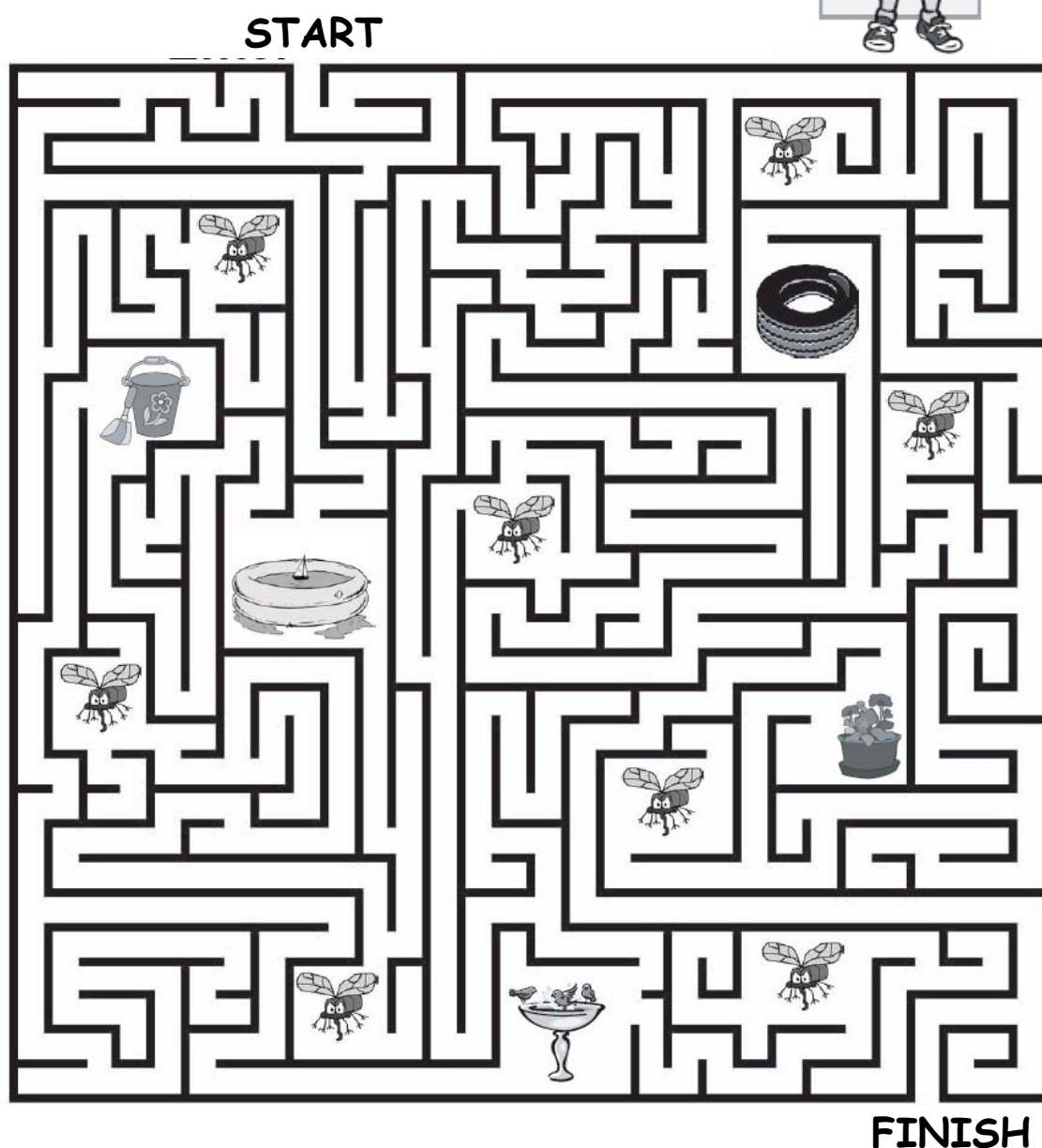
1. You can apply this to your skin to keep mosquitoes away
2. Male mosquitoes usually drink plant \_\_\_\_\_
3. These are on cars, but they can also breed mosquitoes if there is water in them
4. Third stage of the mosquito life cycle
10. At this stage of the mosquito lifecycle they are flying and biting
12. Mosquitoes lay 100-200 \_\_\_\_\_ in water
13. You can put mosquito \_\_\_\_\_ in ponds to eat mosquito larvae
14. Birds like to drink from these and mosquitoes can breed in them
18. In warm weather the entire mosquito lifecycle can be completed in 3-5 \_\_\_\_\_

## WORDS

repellent  
nectar  
tires  
eggs  
fish  
birdbaths  
pupa  
days  
female  
inch  
dusk  
dawn  
light  
larva  
water  
blood  
scratch  
three  
adult  
bite

# Help Anna Through the Maze

Anna needs to dump out all the containers of standing water where mosquito larvae can grow. Can you help her to get to each container without getting bitten by a mosquito?



# Mosquito Jokes and Facts!



Q: What has six legs, bites, and talks in code?  
A: A morse-quito!

There are at least 24 different types of mosquitoes in San Diego County!



Q: What is a mosquito's favorite sport?  
A: Skin-diving!



There are 10 trillion mosquitoes in the United States every year!

Did you know that a female mosquito can lay over 200 eggs at a time? That's a lot of eggs!

Q: Why did the mosquito go to the dentist?  
A: To improve her bite!

County of San Diego  
  
Vector Control Program